

# Testing Your Prototypes

**HINF 350**

Asha Kalsi V00904259  
Doug Williscroft V00610462  
Riya Sood V00928707  
Jeet Bains V00914471

# Agenda

- 1 Smile Background
- 2 Smile Feedback Capture Grid
- 3 Smile Persona and Feedback Capture Grid
- 4 ACT to Enrich Your Life Background
- 5 ACT to Enrich Your Life Feedback Capture Grid
- 6 ACT to Enrich Your Life Persona and Feedback Capture Grid
- 7 The Difference between Smile and ACT to Enrich Your Life
- 8 Exercise Feedback

# Smile

Background

# What is Smile?

Smile is an app designed for those experiencing anxiety symptoms and panic attacks.

Smile helps users develop coping skills by participating in activities.

Smile enabled users to educate themselves by allowing them search for resources to learn.

Smile supports users and their health providers as allows for users to share progress reports (journal and symptoms).

Smile is designed for all types of demographics.

The colour chosen for the app (ie yellow and blue) used to enhance positivity, warmth and calmness when using the app.

# Smile's Persona

## Goals

- Improved coping with anxiety
- Find way to stop a panic attacks.
- Feel more prepared for social encounters.



## Personality

- Introvert
- Creative
- Hardworking
- Friendly



## Mental Health

- Sudden rush of intense anxiety out of nowhere.
- Social anxiety.
- Panic attacks when meeting new people.



## Health and Technology literacy

- Medium to High health literacy.
- High technology literacy.



## Demographic

- 22 year old
- Female
- Single
- 3rd year Biology Major at University of Victoria



## New Situation

- Moved to a new city for university.
- Away from family and friends.
- Living alone for the first time.



Alyssa Stan



# Smile

Feedback Capture Grid

# Before Feedback Capture Grid



# Feedback Capture Grid

## Likes:

- Colour are appealing.
- Aesthetically pleasing.
- Games were a great addition.
- Easy to use and understand.
- A lot of helpful features for the persona.

## Critiques:

- Journal entry is too cluttered.
- Results section example image should be more specific.
- Show what each button will do (don't assume users will know).

## Questions:

- None

## Ideas:

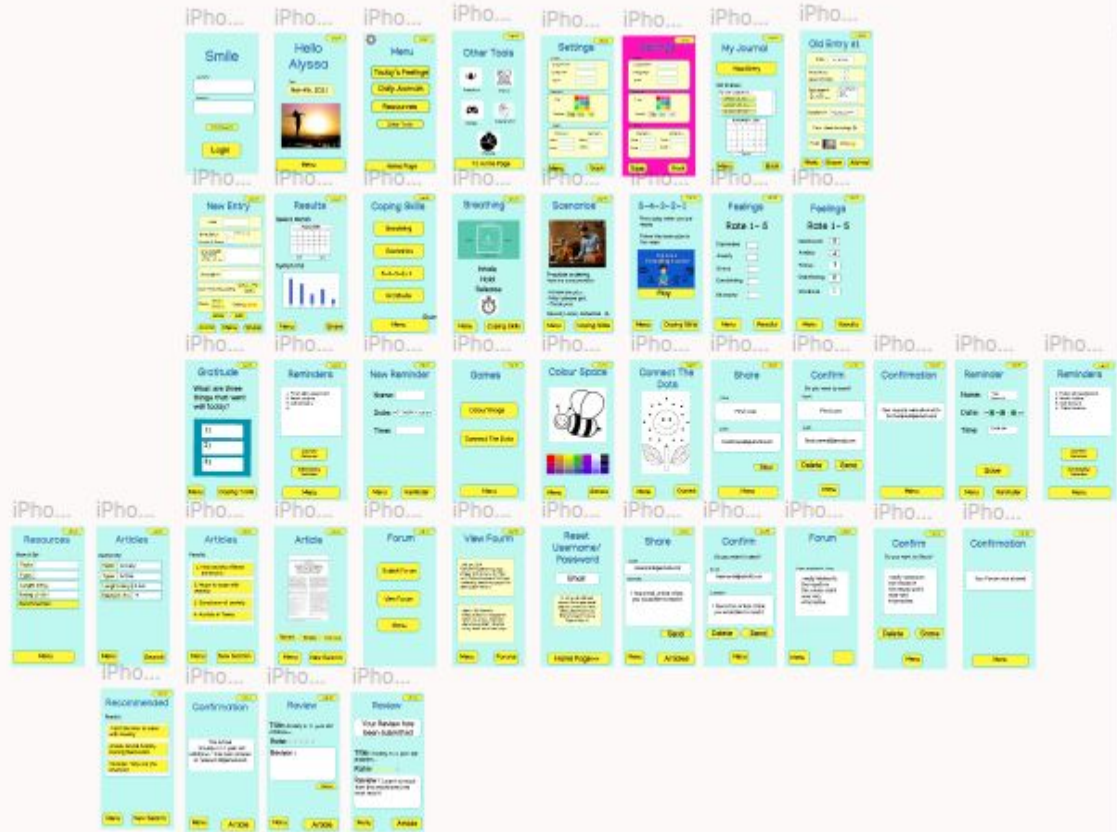
- Have the main tools on the menu and option for extra resources for the additional features.
- Old journal entry search by month.
- Provide examples of filled symptoms.



## After Feedback Capture Grid

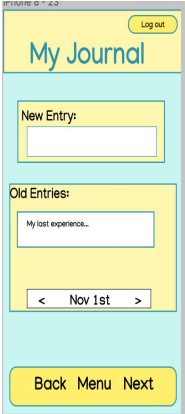
After collecting the feedback the developers:

- Made changes to their layout
- Added new pages in their app to decrease cognitive overload
- Put more thought into what should be emphasized




# Changes Made Due to Feedback

1

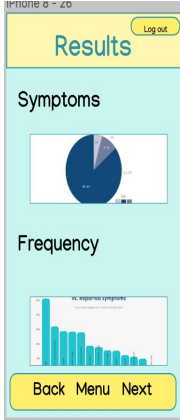


**Problem:** hard to see what is important or a buttons.

**Solution:** Fixed visibility of buttons, added simpler search function for past entries and provided a calendar for better visual date selection.

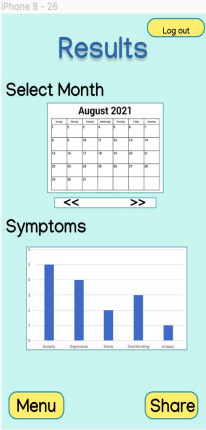


2

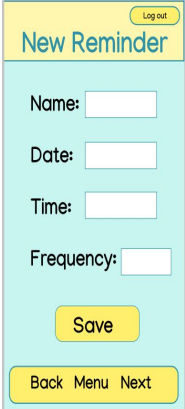


**Problem:** hard to see results. No selection for choosing past results.

**Solution:** added calendar to selected date for results, and added simpler chart for user to be able to understand better.




3

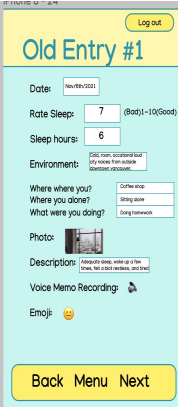


**Problem:** could format inputs to be easier for user to operate.

**Solution:** Added day selection tool and removed frequency inputs.




4



**Problem:** too cluttered, hard to see inputs.

**Solution:** organized input sections and buttons.



# Smile

Persona and Feedback Capture Grid

# How the Persona Influenced the Findings

- The test users acting as the persona illustrated:
  - The tools created to support the persona were appreciated and liked.
  - The design and colour chosen were described to be appealing and good choice for the app.
  - The prototype was easy to use and understand.
  - No questions were asked about usability.
  - Ideas and critique were generated about how to improve the layout and design of specific pages to enhance the persona experience.

# If Different Persona was Used

- A different persona would have different needs which would change the design and features of the app.
- The feedback given would not have changed as:
  - Feedback was given regarding changes to the layout and no feedback was given about the usability, features or tools.
- It is to assume that similar mistakes of the layout would have been recognized even with a different persona
  - for example being cluttered or putting extra tools on “extra resource” page instead of main page.

# **ACT to Enrich Your Life**

Acceptance and Commitment Therapy:  
An Alternative to  
Cognitive-Behavioural Approaches

## **Background**

# What is ACT to Enrich Your Life?

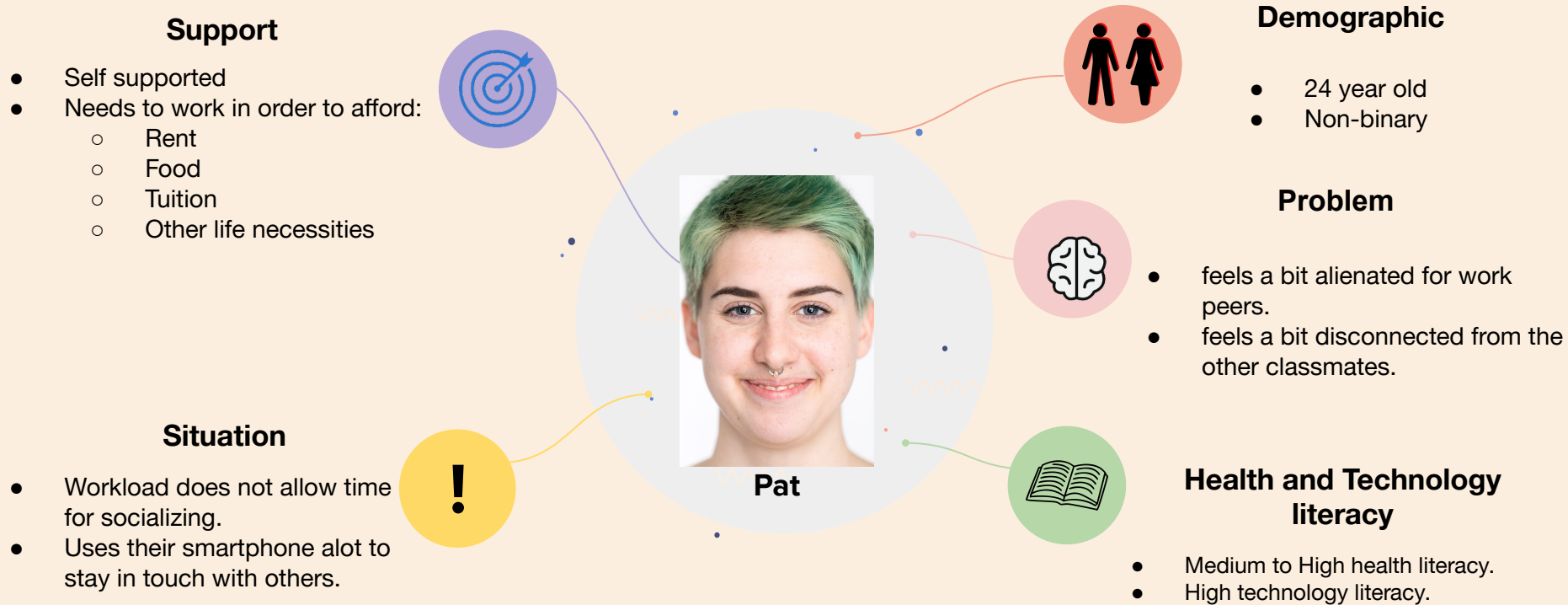
ACT to Enrich Your Life was designed to support the user in more deeply exploring their internal experience.

The ACT model is based on turning towards difficult emotions and thoughts, and discovering one's innate capacity to tolerate them while taking positive action.

Act to Enrich Your Life address one's true underlying emotional needs, and identify and serve one's own highest personal values.

The Color pallet chosen was to ensure that it was calm and soothing with visually contrasting color for text and buttons.

# ACT to Enrich Your Life Persona

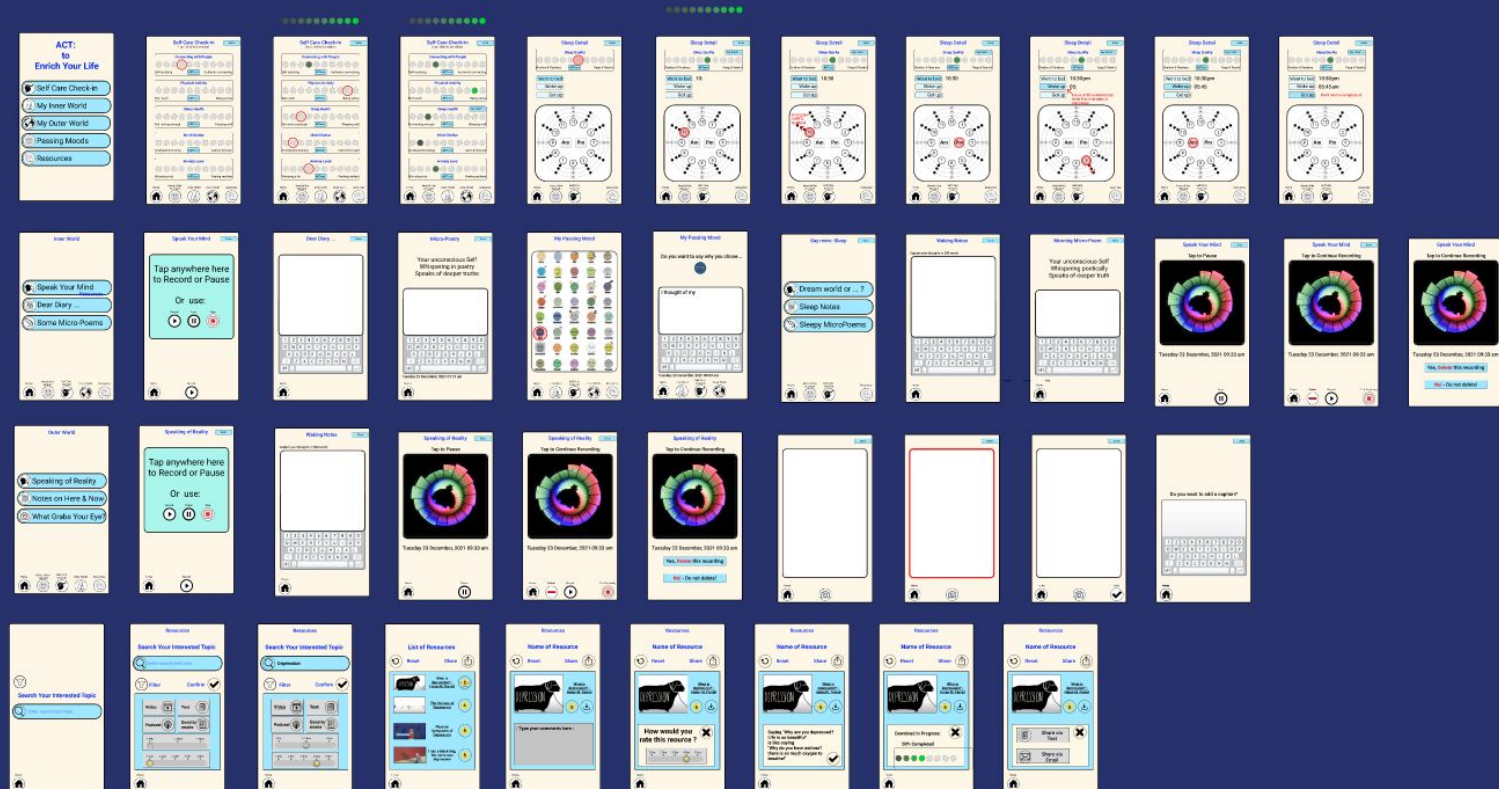




# **ACT to Enrich Your Life**

Feedback Capture Grid

## Before Feedback Capture Grid



# Feedback Capture Grid

## Likes:

- Color Palette
- Rating value = color brightness
- 'speaking reality' feature
- time option in resource filter selection
- icon images

## Critiques:

- Need way to find and review
  - audio
  - written notes
  - photos
- Layout: "questionnaire" in one line
- invalid links in resource items

## Questions:

- Where to start?
- What are "Say more" buttons for?
- What is clock content for?
- What is the difference between inner and outer worlds?
- Are micro-poems selections displayed or to be created by user?

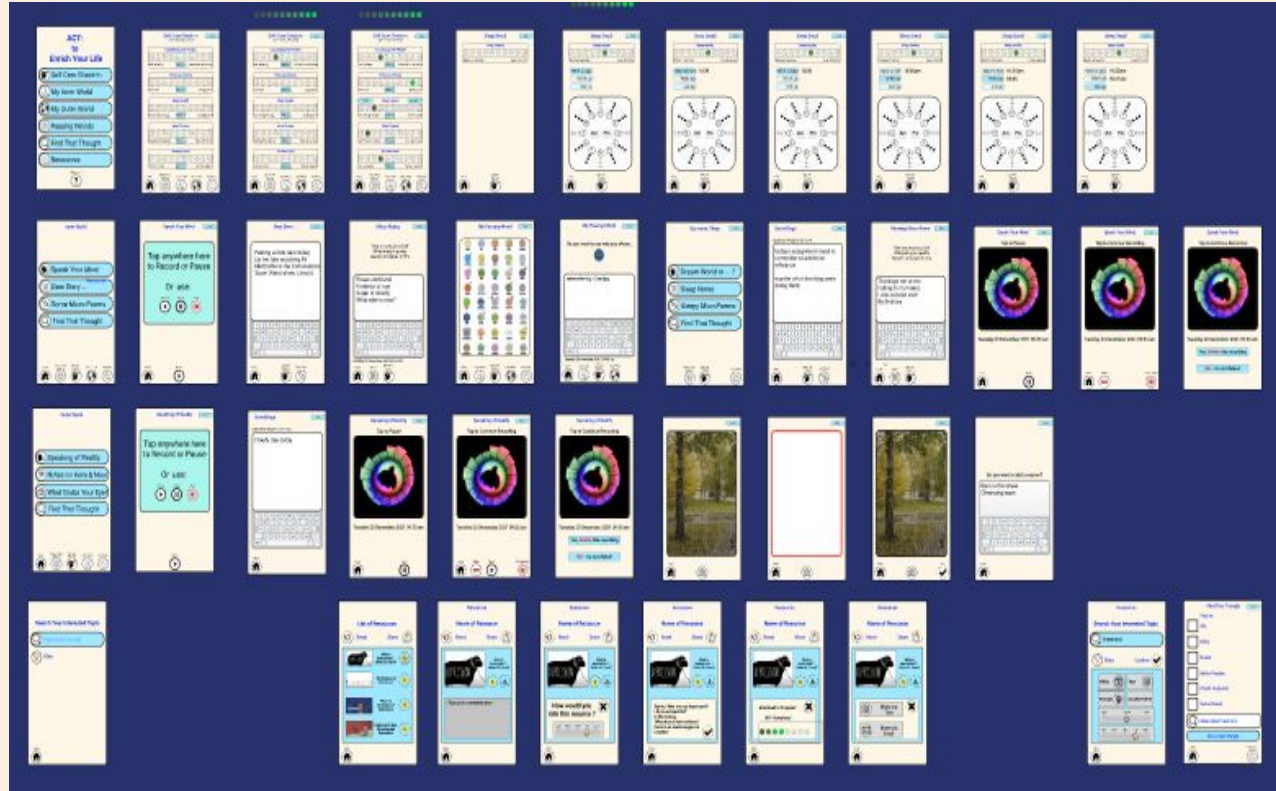
## Ideas:

- Provide ways to return
- Sleepy poems: allow categorization as Bed poems or Morning poems

# After Feedback Capture Grid

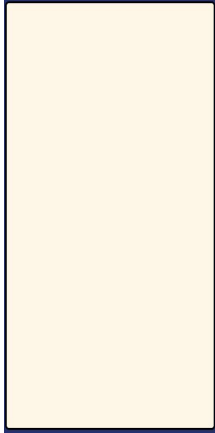
After collecting the feedback the developers:

- Added a search page to allow users to perform searches by associated text or by date, including category-specific searches.
- Corrected the label line-break formatting issue.
- Problem identified with resource links was an artifact of the prototyping platform configuration and was not addressed in the application.



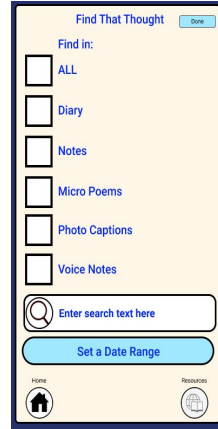
# Changes Made Due to Feedback

1



**Problem:** No way to find and review, audio, written notes, photos.

**Solution:** Provided new categorized search screen with checkboxes to select categories.



2



**Problem:** layout of "questionnaire" breaks across two lines.

**Solution:** removed icon to avoid need to make "questionnaire" text smaller.



# **ACT to Enrich Your Life**

Persona and Feedback Capture Grid

# How the Persona Influenced the Findings

- The test users acting as the persona illustrated:
  - They liked the features created for the persona for reduction of distress and anxiety.
  - The prototype use was straightforward and no questions regarding usability arised.
  - The prototype features were easy to follow and use.
  - Ideas were generated about additionally features that could be added, For example:
    - Having a list resources in the saved section for the user
    - Some layout changes

# If Different Persona was Used

- If our persona was different the application features would be altered depending of the following persona features such as:
  - Age
  - Situation
  - Time Constraints
  - Doctor Recommendations
  - Patient Needs
  - Support availability from family and friends
- The testers feedback would have no changed as it only included:
  - Layout changes
  - Additional features to add to future application



# **Smile & ACT to Enrich Your life**

The Differences

## Smile

Primary orientation is data collection, reporting, and sharing of data and subjective experience

Central organizing structure is "Journal Entry" which holds majority of self-report information under a single day

Supports on-line contact with community of other users

Self-help, self-soothing exercises available as distinct menu option

Provides mechanism to find and review previous journal entries

Provides graphical view of trends

## ACT to Enrich Your Life

Primary focus is diarized exploration of person's experienced relation to self, others, and the larger world

Central organizing model is interior vs exterior 'reality'. (Diary, Images, Momentary Mood, etc.) are independent of each other (not tied to single day or journal entry)

Intentionally provides no support for external sharing. It is entirely a private personal space intended to encourage a user to contact deeper aspects of self without any performative element

ACT exercises embedded directly in each self-care check-in assessment component (not demonstrated)

Initially missing review capability for previous check-in reports; now corrected but further work required

Focus is experiential, not performative; optimal and useful forms of graphical review are still to be determined.

# Exercise Feedback

What We Liked and Future Suggestions

# What We Liked

## What we liked:

- We liked that we were able to see different peoples prototype and compare their to the one we developed. It was interesting as we all received the same instruction but developed completely unique apps due to the persona we imagined.
- We enjoyed testing out applications and seeing what aspects of our prototypes displayed better usability and which aspects needed further development. Moreover, the opportunity to perform application testing was very rewarding as it provides us with real life experience in the prototyping process.
- We also liked the process of assessing our prototypes after development and testing in order to edit them to be more user friendly and successful of they ever were to be implemented.
- We like that we got the opportunity to perform usability testing in real life and that we were able to use the codes to break down and understand each issue that came up during the testing process.

# Future Suggestions

## Future Suggestion:

- A change I would suggest is having two presentation during the course; one with the draft of our prototype which we are presenting to the class for feedback and the last presentation to “sell” our app. This would make the project more realistic to a real world as developers would have multiple meetings with their team before “selling” and we would obtain a lot more feedback.
- Another change we would make is to not combine the applications in phase 9 of this assignment. This is because both applications have different goals and therefore are geared to target different features.
- It might be easier to pair up the groups with different application topics through the work done in the lab assignment so that there is less overlap between the two applications.